

Summer Boating Programs



Intro to Sailing, Kayaking, and Canoeing

Come learn how to boat this summer at Lake Johnson. Whether it's sailing, kayaking or canoeing we will teach you how to safely get out on the water and have a blast in some of our favorite boats. Bring a friend and get ready for a ton of fun. Classes are two hours in length, participants should come dressed for the weather and be prepared to get wet.

Kayaking

#155855 Friday 6/5

#155856 Thursday 7/3

#155857 Thursday 7/31

#155858 Thursday 8/14

Sailing

#155840 Wednesday 6/11

#155841 Wednesday 6/25

#155842 Wednesday 7/9

#155843 Wednesday 7/23

#155844 Wednesday 8/6

#155845 Wednesday 8/20

Canoeing

#155851 Thursday 6/19

#155852 Thursday 7/17

#155853 Thursday 8/28

Fees: City Resident \$20, Non-City Resident \$32

(Sailing \$25 resident, \$37 non-resident)

Location: Lake Johnson Beach

Time: 6pm-8pm

Ages: 12 and Over

Fundamentals of Sailing

Can't get enough of our Sunfish. If you want to take your sailing skills to the next level come spend a day at the lake with Margaret, our local sailing expert. No sailing experience required.

Dates and Barcodes:

#155828 Saturday 6/7

#155830 Saturday 6/21

#155831 Saturday 7/5

#155833 Saturday 7/19

#155835 Saturday 8/9

#155855 Sunday 6/8

#155838 Sunday 6/22

#155832 Sunday 7/6

#155834 Sunday 7/20

#155836 Sunday 8/10

Fees: City Resident \$50, Non-City Resident \$62

Location: Lake Johnson Beach

Time: 9am-4pm

Ages: 12 and Over

Sailing Private Lessons

From May through September, private one on one sailing lessons are available by appointment only. The two hour lessons are \$60 for city residents and \$72 for non-city residents. Please call Margaret Duncan at 919-855-8530 to set up an appointment.

Phone: 919-233-2121

Fax: 919-233-2127

Email: lakejohnsonrentals@raleighnc.gov

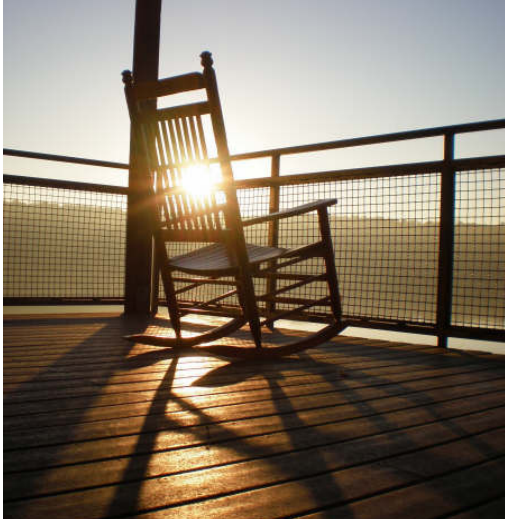
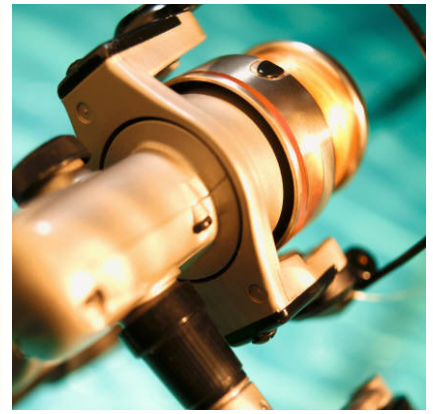
Website: www.raleighnc.gov, keyword search: Lake Johnson Park



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Summer Outdoor Programs



Basic Fly Fishing School

This introductory course will teach you all you need to know to thoroughly enjoy the sport of Fly Fishing and how to catch a variety of fish with a fly rod. Fly Fishing School is a six week course meeting on Thursday evenings.

Dates and Barcodes:

#155679 Session 2: 6/26 - 7/31

#155680 Session 3: 8/14 - 9/18

Time: 6:30pm-9:00pm

Fees: City Resident \$100, Non-City Resident \$112

Location: Magnolia Cottage

Ages: 14 and Over

Basic Hiking Course

Interested in learning how to hike? This course will teach you all there is to know to have you quickly and safely enjoying North Carolina's great hiking destinations. The course will culminate in a field trip to enjoy a day hike experience.

Time: 6:30pm-9:00pm

Dates and Barcodes:

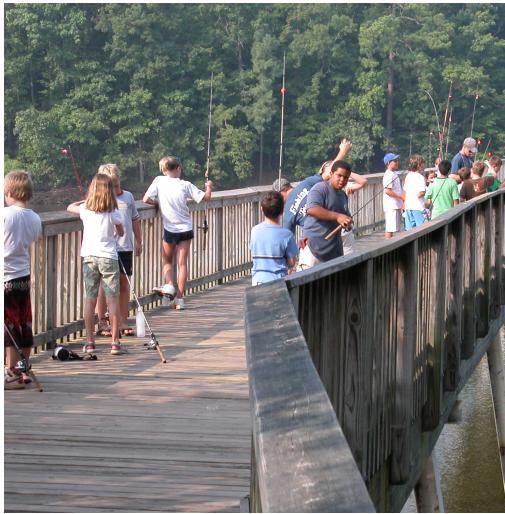
#155682 Tuesday 5/13-6/3

#155685 Tuesday 6/17-7/8

#155687 Tuesday 7/22-8/12

Fee: \$50 resident, \$62 non-resident

Ages: 12 years and up



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Summer Fitness Programs



Yoga

"Therapeutic Renewal" is catered towards those who may be new to yoga or who have chronic conditions, chronic pain, or are recovering from illness or injury. Our "Evening Yoga Class" is a mixed level course focused on stretching, relaxation and relieving stress.

Yoga—Therapeutic Renewal

Days & Time: Tuesday, 9:30am-11am

Dates and Barcodes:

5/6-6/24 #155709

7/8-8/26 #155710

Fee: \$60 City Residents, \$72 Non-Residents

Location: Lake Johnson Conference Room

Ages: 16 years and up

Evening Yoga Class

Days & Time: Thursday, 6:30pm-7:30pm

Dates and Barcodes:

6/5-7/10 #155703

7/24-8/28 #155704

Fee: \$50 City Residents, \$62 Non-Residents

Location: Lake Johnson Conference Room

Ages: 18-60 years

Phone: 919-233-2121

Fax: 919-233-2127

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